



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

---

## NEWS RELEASE

For Immediate Release:  
Nov. 21, 2011

For More Information, Contact:  
Dubi Schwanz  
Division of Cancer Prevention and Control  
North Dakota Department of Health  
Phone: 701.328.2306  
E-mail: [dschwanz@nd.gov](mailto:dschwanz@nd.gov)

### **North Dakota Cancer Coalition Encourages Healthy Choices During The Holidays**

BISMARCK, N.D. – The North Dakota Cancer Coalition is providing tips for navigating through holiday party festivities, including the foods that accompany them.

Evidence suggests that more than one-third of cancer deaths are preventable by not using tobacco, getting sufficient physical activity and eating healthy foods in moderation. The goal of the North Dakota Cancer Coalition is to reduce cancer risks by improving healthy behaviors of North Dakota citizens.

“Addressing the importance of nutrition by providing healthier alternatives is one way we can promote improving healthy behaviors, thus reducing cancer risk in the future,” said Kate Black, North Dakota Cancer Coalition Prevention Workgroup member. “Data shows that the number of North Dakota adults and youth who report eating the recommended fruits and vegetables is very low (22.5% adults, 13.7% youth). By incorporating fruits and vegetables into our holiday recipes and using other healthy alternatives we can reduce our cancer risk.”

The North Dakota Cancer Coalition Prevention Workgroup has developed materials to promote healthy eating during the holiday season including a newsletter, meal make-over options and recipes. These materials are available on the coalition website at:

[www.ndcancercoalition.org/?id=146&page=Nutrition+During+the+Holidays](http://www.ndcancercoalition.org/?id=146&page=Nutrition+During+the+Holidays).

For more information please contact Dubi Schwanz, North Dakota Department of Health, at 701.328.2306 or [dschwanz@nd.gov](mailto:dschwanz@nd.gov)

– 30 –

*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.nddohpressroom.gov](http://www.nddohpressroom.gov).*

---

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200  
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: [health@nd.gov](mailto:health@nd.gov)

*Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).*